

**Middle School Initiative**

**PART I  
COVER SHEET**

**CAP 1 SEMESTER 1 WEEK 5**

**COURSE:** Curry Leadership Laboratory, Achievement 1

**LESSON TITLE:** Drill and Ceremonies - Marching Movements

**LENGTH OF LESSON:** 50 Minutes

**METHOD:** Demonstration - Performance

**REFERENCE(S):** AFM36-2203, *Drill and Ceremonies Manual*, Chapter 3

**AUDIO/VISUAL AIDS/HANDOUTS:** None

**COGNITIVE OBJECTIVE:** N/A

**COGNITIVE SAMPLES OF BEHAVIOR:** N/A

**AFFECTIVE OBJECTIVE:** The objective of this series of lessons is for each cadet to know all of the military drill required of a basic cadet.

**AFFECTIVE SAMPLES OF BEHAVIOR:** The cadet will willingly learn each of drill positions and movements and perfect them to the required military standard.

## Middle School Initiative

### PART II TEACHING PLAN Introduction

**ATTENTION:** Today is your fourth day of drill instruction. To this point you have learned many of the basic drill positions and movements required in Achievement One of this program. Additionally, you have been instructed in all the terminology necessary to see you through this phase of instruction.

**MOTIVATION:** What you learn here today will continue you on your road to unified thinking and performance.

**OVERVIEW:** We will review all of the past instruction, today, and add instruction on mark time, double time, quick time, change step, right and left flank, route step, and at ease march.

**TRANSITION:** Now that we know what we are going to do today, let's get on with it.

### Body

**MP 1**            The instructor will form the flight as previously instructed. Cadets will assume their positions and will self-align themselves, based on previous instruction.

**MP 2**            The instructor will have the cadets execute drill positions and movements previously instructed and practiced as listed below.

CAP1S1	
Attention	Parade Rest
At Ease	Rest
Right/Left Face	Half Right/Left
About Face	Fall In/Fall Out
Forward March	Halt
To the Rear	Hand Salute
Present Arms	Order Arms
Half Step	

### MP 3 Steps and Marching

**Double Time:** To march in double time from a halt or when marching in quick time, the command is **Double Time, MARCH.**

When halted and on the command **MARCH**, the airman begins with the left foot, raises the forearms to a horizontal position along the waistline, cups the hands with the knuckles out, and begins an easy run of 180 steps per minute with 30-inch steps, measured from heel to heel. Coordinated motion of the arms is maintained throughout.

When marching in quick time and on the command **MARCH** (given as either foot strikes the ground), the airman takes one more step in quick time and then steps off in double time.

To resume quick time from double time, the command is **Quick Time, MARCH**, with four steps between commands. On the command **MARCH** (given as either foot strikes the ground), the airman advances two more steps in double time, resumes quick time, lowers the arms to the sides, and resumes coordinated armswing.

To halt from double time, the command **Flight, HALT** is given as either foot strikes the ground, with four steps between commands. The airman will take two more steps in double time and halt in two counts at quick time, lowering the arms to the sides.

The only commands that can be given while in double time are **Incline To The Right (Left); Quick Time, MARCH; and Flight, HALT.**



Double Time

**Mark Time:** The command is **Mark Time, MARCH**. When marching, the command **MARCH** is given as either foot strikes the ground. The airman takes one more 24-inch step with the right (left) foot. He or she then brings the trailing foot to a position so both heels are on line. The cadence is continued by alternately raising and lowering each foot. The balls of the feet are raised 4 inches above the ground. Normal arm swing is maintained.

At a halt, on the command **MARCH**, the airman raises and lowers first the left foot and then the right. Mark time is executed in quick time only. The halt executed from mark time is similar to the halt from quick time.

To resume marching, the command **Forward, MARCH** is given as the heel of the left foot strikes the ground. The airman takes one more step in place and then steps off in a full 24-inch step with the left foot.

**Change Step.** The command is **Change Step, MARCH**. On the command **MARCH**, given as the right foot strikes the ground, the airman takes one more 24-inch step with the left foot. Then in one count, place the ball of the right foot alongside the heel of the left foot, suspend arm swing, and shift the weight of the body to the right foot. Step off with the left foot in a 24-inch step, resuming coordinated arm swing. The upper portion of the body remains at the position of attention throughout.

**Flanking Movement:** The command is **Right (Left) Flank, MARCH**, given as the heel of the right (left) foot strikes the ground. On the command **MARCH**, the airman takes one more 24-inch step, pivots 90 degrees to the right (left) on the ball of the left (right) foot, keeping the upper portion of the body at the position of attention. Then step off with the right (left) foot in the new direction of march with a full 24-inch step and coordinated arm swing. Arm swing is suspended to the sides as the weight of the body comes forward on the pivot foot. The pivot and step off are executed in one count. This movement is used for a quick movement to the right or left for short distances only. Throughout the movement, maintain proper dress, cover, interval, and distance.

**Marching Other Than at Attention.** The commands below may be given as the heel of either foot strikes the ground as long as both the preparatory command and command of execution are given on the same foot and only from quick time. The only command that can be given when marching at other than attention is Incline to the Right (Left). Otherwise, the flight must be called to attention before other commands may be given.

**Route Step March.** The command is **Route Step, MARCH**. On the command **MARCH**, the airman takes one more 24-inch step and assumes route step. Neither silence nor cadence is required, and movement is permitted as long as dress, cover, interval, and distance are maintained.

**At Ease March.** The command is **At Ease, MARCH**. On the command **MARCH**, the airman takes one more 24-inch step and assumes at ease. Cadence is not given, and movement is permitted as long as silence, dress, cover, interval, and distance are maintained.

## **Conclusion**

**SUMMARY:** Today we have reviewed all of the previous instruction on basic drill and included instruction on double time/quick time, change step, right and left flank, and marching other than at attention.

**REMOTIVATION:** We are on the way to becoming a competent marching unit. Your constant attention to detail aids in the development of self-discipline, and leadership.

**CLOSURE:** Please turn in your Drill Terminology sheet now. This will be graded and returned to you in the next week or so.

**Middle School Initiative****PART III  
LESSON REVIEW**

**LESSON OBJECTIVE(S):** The objectives of this lesson was for each cadet to:

1. Learn and practice the movements of double time, quick time, change step, right and left flank, mark time, and marching at other than attention.
2. Practice the positions and movements of previous sessions.

**LESSON QUESTIONS:**

1. Describe the movement of mark time.

Answer: The command is **Mark Time, MARCH**. When marching, the command **MARCH** is given as either foot strikes the ground. The airman takes one more 24-inch step with the right (left) foot. He or she then brings the trailing foot to a position so both heels are on line. The cadence is continued by alternately raising and lowering each foot. The balls of the feet are raised four inches above the ground. Normal arm swing is maintained.

At a halt, on the command **MARCH**, the airman raises and lowers first the left foot and then the right. Mark time is executed in quick time only. The halt executed from mark time is similar to the halt from quick time.

To resume marching, the command **Forward, MARCH** is given as the heel of the left foot strikes the ground. The airman takes one more step in place and then steps off in a full 24-inch step with the left foot.

2. What are the commands for executing a flanking movement?

Answer: **Right Flank, MARCH** or **Left Flank, MARCH**.

3. If at double time, what is the command to return to normal cadence and step length?

Answer: **Quick Time, MARCH**.